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TORONTO • MONDAY AUGUST 11 2008 metronews.ca

Beijing p 10

Canadian swim team in final

'Like an atom bomb'

RENE JOHNSTON/TORSTAR NEWS SERVICE

Firefighters attend the scene of massive fire that started in a propane storage in the Wilson and Keele area yesterday. Area residents were awoken by a blast that shook houses and broke windows blocks away.

Shock, anger in wake of massive fire in city's northwest

As the flames died down from yesterday's massive series of explosions at a Toronto propane plant, they left behind a cloud of outrage.

Thousands of people, forced to flee their homes, are demanding answers from the city as to why Sunrise Propane Industrial Gases was allowed three years ago to build a distribution plant in a long-established residential area near Wilson Ave. and Keele St.

A 25-year veteran of the fire department, Bob Leek, died fighting the conflagration. A Sunrise employee was missing and believed also to have died. He reportedly was last seen heading toward the fire.

But the neighbourhood "got off very lucky," said Toronto Fire Division Commander Bob O'Hallarn, though the pre-dawn blast shattered windows over a wide area and flying debris damaged buildings hundreds of metres away.

"It sounded like an atomic bomb," said Fernando Caschera, 56.

> **"We weren't advised that they (propane company) were going to be there. They just moved in."**
> Area resident Josei Miceli

The explosions were heard as far away as Avenue Rd. and Eglinton Ave. As many as 12,000 people within a 1.6-kilometre radius of the plant were forced into the streets. But only a handful needed hospital care for minor injuries, O'Hallarn said.

That didn't make them any less mad. Josei Miceli, 59, who has been there for 40 years, said there was no consultation with locals about the propane plant.

"We were concerned when this company moved at the end of the street," said Miceli. "But we weren't even advised that they were going to be there. They just moved in."

The fire continued to burn last night but was declared "under control." Residents began returning home. Officials said five houses have been declared unsafe and their occupants will be put up in emergency shelters.

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MORE COVERAGE, P. 2 & 3

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Expert opinion

Michael Birk, head of the department of mechanical and materials at Queen's University, said that there have long been discussions about changing the regulations that allow propane facilities to locate near residential areas, but that little has changed over the years. TORSTAR NEWS SERVICE

Local

Cops on patrol after looting report

Even though thousands of evacuated residents returned home last night, extra police officers will patrol their area after looters stole goods yesterday, stealing into two businesses through shattered windows. Few details were available last evening about what types of goods were stolen and from what retail outlets, but police said that blown out windows and unhinged doors provided easy access for thieves. METRO NEWS SERVICES

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Tomorrow's Metro

Health

Henna tattoos may be attractive but they can harm your skin, experts say.

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What's online today.

View a photo gallery and clips of yesterday's massive explosion and fire
Watch video reports on memorials for a Canadian soldier killed in Afghanistan and the victim of the Greyhound bus killing
Check movie showtimes, trailers and reviews at metronews.ca/movies
Search for jobs using Metro's Workopolis search
Play online Sudoku!

Lotteries

Friday, Aug. 8
Lotto Super 7 8, 10, 16, 24, 37, 41 & 43. Bonus 7.
Saturday, Aug. 9
Lotto 6/49 1, 34, 37, 39, 40 & 42. Bonus 11.
Sunday, Aug. 10
Ontario Pick 3 0 3 8
Ontario Pick 4 2 8 1 2
Encore 7757355
Daily Keno 10, 12, 22, 23, 28, 29, 33, 34, 37, 39, 40, 45, 48, 49, 54, 60, 61, 62, 63, 67.
These results are not official.

The day Toronto stood still

For as long as he's been a police officer, Sgt. Cam Woolley has never seen anything cripple the city like yesterday's north-end explosion.

At least 16 kilometres of Hwy. 401 were shut down for most of the day after a six-alarm blaze rocked the area of Keele St. and Wilson Ave.

After hours of traffic delays, the city's major artery reopened around 7:45 p.m. with some restrictions.

Three hours after the 4 a.m. fire, the Ontario Ministry of Transportation and the Toronto police asked the OPP to shut down Hwy. 401 between Hwy. 400 and Hwy. 404/Don Valley Parkway.

TTC shut down the Downsview, Wilson and Yorkdale subway stations, forcing northbound lines to turn around at Lawrence. Specially routed buses shuttled evacuees from the perimeter to a makeshift shelter at York University. All subway stations reopened after 2 p.m.

TORSTAR NEWS SERVICE

RENE JOHNSTON/TORSTAR NEWS SERVICE

Special TTC shuttles evacuate residents from the Wilson and Keele area yesterday.

RENE JOHNSTON/TORSTAR NEWS SERVICE

Carlos Lopez and a tearful Lucia Echevarria walk away with their cat La Gringa yesterday. A fire which started in a propane storage area in Toronto yesterday, forced may residents to flee their homes.

Panic after fire

Resident recounts nightmare moments

JIM REYNO
jim.reyno@metronews.ca

It's a jolt Joanne Crockett will never forget.

The earth-shattering sounds from the explosion at the Sunrise Propane Industrial Gases distribution plant in the Wilson and Keele St, area early yesterday morning, to say the least, was unsettling.

Crockett, was recalling what had happened, winding up at the Tait McKenzie Centre at York University, where some of the displaced people were staying.

"It may have been close to 4 o'clock, I heard the first blast," said Crockett, who lives in an apartment on Wilson Avenue near Murray Road. "I thought it was maybe lightning that had hit a transformer, because it had been raining all night, and then we also lost electricity.

"And when the blast happened, my curtain rod fell off the window and landed on my (two) dogs because they were sleeping under the window. They jumped up on my bed and ran across me, " she said with a laugh. "So with the blast and the dogs running across me, I was totally confused about what was happening."

She got dressed, left her two rottweilers in the apartment and went to the front lobby, where other residents had gathered.

"We all panicked. We all ran back towards the building into our apartments. I knew I had to get out of there. There was no way I could stay in my apartment."

TORY ZIMMERMAN/TORSTAR NEWS SERVICE

Joanne Crockett with her two rottweilers.

Fallen firefighter mourned

DEATH A district fire chief, and a member of the Heavy Urban Search and Rescue team and 25-year veteran of Toronto Fire Services died yesterday while battling blazes at a Downsview propane facility. District Chief Bob Leek, 55, was pronounced dead at Humber River Regional Hospital after collapsing earlier in the day on Murray Road, at the site of several explosions that roared through the 24-hour facility. "It's a tremendous loss," Acting Deputy Mayor Shelly Carroll said yesterday. "He'll be greatly missed."

TORSTAR NEWS SERVICE

in their voice

Mike French, who lives in nearby military housing on Stanley Green Park.
– "Right from the start, as soon as the explosions happened, there were people running around the housing, just panicking mostly. So me and a few of the neighbours all loaded our families into our cars and went over by the ball diamonds just to be a little bit more clear of the scene and be able to keep an eyes on our houses."

Jillian Manning.
– "I just kept thinking, 'Grab the baby and run.'"

Beatrice Zampini.
– "My whole room lights up orange ... And I just seen a huge ball of flame hundreds of metres in the sky, big black pillars of smoke."

Jose Rodriguez
– "Even though I came from a war zone (in El Salvador), I've never had an experience like that."

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1979 CP rail fireball seen from miles
A Canadian Pacific freight train carrying chemicals was derailed at Mavis Rd. and Dundas St. in Mississauga in 1979. The resulting fireball could be seen 100 kilometres away. TORSTAR NEWS SERVICE

The impact area

Explosion and fire on Murray Rd. forced the evacuation of nearly 12,000 residents who lived within 1.6 kilometres of the blast.

Metal from the fire blasted 300 metres to the salt storage area of a Toronto Works yard to the north and landed through the roof.

TORSTAR NEWS SERVICE

The top of a portable tank exploded and landed hundreds of metres from the scene.

Blasts from GTA's past

On Aug. 6, 1962, a massive explosion at Superior Propane Ltd. rocked Maple, Ont., killing one man and injuring others. The blast destroyed several homes and forced the evacuation of dozens more.

The shattering crack and roar shook the house of Jo-Ann Knicely, who burst out of bed to find her home ablaze with unnatural light.

"It was like thunder and the sky lit up like high noon," said Knicely.

While smaller than yesterday's spectacular explosion at Sunshine Propane, the Maple explosion was no less terrifying. Here's a list of other explosions in and around the GTA in the past:

2003: An explosion sparked by a natural gas leak flattened parts of an Etobicoke strip mall, killing seven six people. A gas line had been severed during construction, filling several stores with flammable gas.

2000: One street was evacuated after a fire at the U.S.E. Hickson Products plant raised concerns that winds might send toxic smoke billowing over nearby Scarborough homes. In the end, it was blown over the lake.

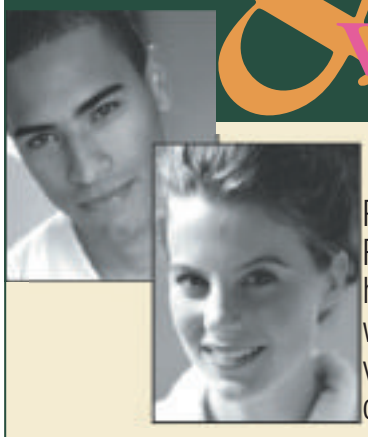
2000: A series of explosions in a hydro vault next to the Hospital for Sick Children forced the removal of nine infants and the in-hospital transfer of about 80 patients.

1998: More than 100 residents were forced to leave their homes after a chemical explosion at a plant on Mavis Rd. in Mississauga.

1997: Thousands of people, many of them seniors, spent the night in schools and churches after a propane tanker belonging to Sunrise Propane jack-knifed at Kennedy Rd. and Hwy 401 about 2 a.m.

1995: An explosion at a Scarborough chemical plant sent a "red mushroom cloud" of toxic chemicals into the air. The cloud rained poisonous dust on nearby homes. TORSTAR NEWS SERVICE

men & women



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Man stabbed in east end bar

A customer in an east end bar was stabbed twice in the back and had a beer bottle smashed over his head Saturday night. Police said the victim, 44, got into a fight with another man at the bar on Danforth Ave., near Coxwell Ave., just before midnight. TORSTAR NEWS SERVICE

Danforth **Dancing in the rain**

SAUL PORTO/TOP NEWS

Performers from the Joy of Dance Studio dance the day away at the 15th annual Taste of the Danforth festival yesterday. Despite the rain thousands came out on the weekend to celebrate all things Greek.

Wettest summer on record

It's officially Toronto's wettest summer on record—and there's still three weeks to go. But frustrated Torontonians are not exactly singing in the rain about the news.

"We'll remember this summer not as the summer from hell but of disappointment," said David Phillips, senior climatologist at Environment Canada. "People are feeling that it doesn't matter if they save money on air conditioning or that they're healthier because there's no smog. It's just too wet and stormy."

The summer of 2008 officially broke record rainfall amounts from June 1 to Aug 31 around 3 p.m.

As of midnight on Saturday, 354.2 millimetres of rain were recorded at Pearson from June 1 to Aug 9, meaning with 22 days left in August, we've already smashed the previous record set in 1986 of 335.9 millimetres.

It's also already the wettest January to August period ever recorded at Pearson in 70 years of data collection with 705 millimetres of rain recorded. The next closest is 679.3 millimetres in 1945. We've already had more rain and snow this year than in all 12 months last year more than doubled last year's total precipitation from January 1 to August 9th with 592.7 millimetres.

TORSTAR NEWS SERVICE

mixed weather

- From June 1 to Aug 10, it's rained on 41 of 71 days, but there have only 4 days without sunshine since May.

Shooting ends in city's 41st homicide

MURDER A man who died from gunshot wounds in hospital yesterday after a daylight shooting in the city's east end is Toronto's 41st murder victim this year.

Police were called to a parking lot on McCowan Road near Sheppard Avenue E. area for reports of gunfire and found the man seriously wounded, said Toronto police Sgt. Peter Laufer.

He was taken to Sunnybrook hospital, where he later died from his injuries, said Laufer. A second man who was shot during the incident walked into Scarborough General Hospital with gun shot wounds.

TORSTAR NEWS SERVICE

Science Centre plays host to YouTube Party

WEB Draped in a flag and wearing a sparkling tiara, Tara Williams, or "Tahara" as she's known in the YouTube world, posed for the camera, but not before turning the camera on everyone else.

She was one of about a hundred online video fans who gathered at the Ontario Science Centre Friday and Saturday armed with video cameras to document Canada's first YouTube party.

"YouTube is an amazing video sharing site. It's great to get everyone together," Williams said, as she ran around the room greeting old friends who she had never met in "real life"

Founded in 2005, YouTube is an online video community, which allows millions of people to share their videos.

Williams travelled all the way from Australia just for the event, titled 888Torontomeetup.

The celebration was inspired by a similar meeting last year in New York City.

THE CANADIAN PRESS

METRO Toronto

1 Concorde Gate, Suite 703
Toronto, ON M3C 3N6
Tel: 416-486-4900
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Advertising: 416-486-4900 ext. 321
adinfotoronto@metronews.ca
Editorial: newsdesk@metronews.ca
Distribution inquiries:
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– *Canadian Real Estate*, March-April, 2008

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Forklift helps 700-pound man leave home

A 700-pound Mexican man, once considered the world's most obese person, left his home for the first time in five months yesterday with the aid of a forklift and a platform truck to visit the shore of a lake in northern Mexico. THE ASSOCIATED PRESS

Canada/World

Mobster arrested

Patrizio Bosti, one of Italy's most-wanted mobsters, was arrested Saturday while dining at a restaurant in northeastern Spain. The 49-year-old was on Italy's list of 30 most-wanted criminals and had been on the run since 2005. THE ASSOCIATED PRESS

Food banks drying up

The rising costs of food and fuel are making the typically desperate summer months for Canada's food banks even worse as donations dry up and more people find themselves without enough to eat.

Far away from the spirit of the Christmas season and with the public's attention turned to vacations, food bank donations usually drop off considerably during the summer.

But food banks across the country say 2008 has been especially bad.

"The high cost of fuel, the higher cost of food could be affecting people's disposable income," says Lisa Martella of the Greater Vancouver Food bank. "People have less money to donate."

The same pressures that are hurting donations also seem to be increasing demand, says Martella.

"If the cost of food . . . (and) transportation is going up, that could propel people into food-bank reliance." THE ASSOCIATED PRESS

Hamas No ordinary graduation

HATEM MOUSSA/THE ASSOCIATED PRESS

Palestinian youths, members from the Islamic group Hamas, run in water during a graduation ceremony in Gaza City yesterday. Youths dived through fire hoops amid gunfire in an action-packed ceremony that concluded one of Hamas's first summer camps set after its June truce with Israel.

Russia ignores Georgia ceasefire

FIGHTING Russia battled Georgian forces on land and sea, reports said yesterday, despite a Georgian ceasefire offer and its claim to be withdrawing from South Ossetia, the separatist Georgian province battered by days of intense fighting. International envoys headed in to try and end the conflict. THE ASSOCIATED PRESS

Invisibility cloak closer to reality

SCIENCE Researchers have demonstrated for the first time that they were able to render three-dimensional objects invisible using artificially engineered materials that redirect light. The findings, by scientists at the University of California, Berkeley, could have broad applications, including military ones. THE ASSOCIATED PRESS

News in brief

POLITICS Opposition MPs are set to grill 41 witnesses over $1.3 million in questionable advertising expenses from the 2006 election by the Conservatives during four days of Commons committee hearings that begin today. THE CANADIAN PRESS

LAND Canada is hoping international scientists will back its disputed claim to large swaths of the Arctic seabed and any resources that lie below. The first step towards sovereignty will start this month at a geology conference in Norway. THE CANADIAN PRESS

News in brief

BOMBINGS Pakistani forces bombed dozens of houses near the Afghan border yesterday, officials and witnesses said, in a military offensive that comes amid U.S. pressure for Pakistan to crack down on militants. Days of clashes have reportedly killed at least 100 insurgents and nine paramilitary troops.

POLITICS Hillary Clinton will headline her own night at the Democratic National Convention on Aug. 26, Barack Obama's camp announced yesterday in a nod to her strong second-place showing in the party's presidential primary. THE ASSOCIATED PRESS

Immigration

Guidy Mamann

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Air Canada matches 2005 record

Air Canada filled 83 per cent of its seats in July, matching a July 2005 record load factor. But the airline said its overall system traffic was down 0.6 per cent as capacity was reduced two per cent. TORSTAR NEWS SERVICE

Business

No charges for spam texts

Industry Minister Jim Prentice says Bell Mobility and Telus Mobility have assured him that customers mistakenly charged for text message spam will be able to have the charges removed. Both companies announced last month that they will charge cellphone customers not covered by calling plans 15 cents for each incoming text message. TORSTAR NEWS SERVICE

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Economy takes sudden plunge

Canada's slowing economy took a surprise hit in July with the worst job losses since the 1991 recession, sending the loonie to its lowest level in nearly a year while the U.S. dollar strengthened and oil and gold tumbled yet again — and economists say things will only get worse before they get better.

"The employment numbers were as ugly as they looked," said Avery Shenfeld, senior economist at CIBC. "Corporate Canada is beginning to think the worst, and the result has been a summer crop of pink slips."

Statistics Canada said an unexpected 55,200 jobs were lost in Canada last month, providing more evidence of a continued economic slowdown and prompting economists to label the figures "grisly" and "gruesome."

Meanwhile, Ontario, Quebec, Saskatchewan and Prince Edward Island all took a hit on the job loss front — representing what Liberal MP and finance critic John McCallum called "a dramatically huge drop in the job numbers in Canada's heartland."

TORSTAR NEWS SERVICE

sectors hit

- Most of the job losses, 48,000, were in part-time work and were centred in manufacturing, business, building and other support and educational services.

Hybrid sales go up with high gas costs

AUTO Soaring gasoline prices have sparked a huge increase in hybrid auto sales in Canada during the first half of this year and are causing some shortages, according to automakers.

Hybrid auto sales jumped by more than 66 per cent to almost 12,000 in the first six months from the same period in 2007, figures from manufacturers show.

The increase reflects a gas-price shock this year in North America that has driven motorists away from pickup trucks and sport utility vehicles to smaller, more fuel-efficient models.

Hybrids have also become less expensive, which makes them more economically attractive to consumers.

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Loonie continues to drop

The Canadian dollar fell more than a cent Friday to close at 93.69 cents US, its lowest level in about a year. For the week, the loonie dropped nearly 3.7 cents, a weekly decline that one report said was the biggest since the early 1970s. THE CANADIAN PRESS

Cell giants lean on contracts: Analysts

As Canada's mobile phone market gradually opens up to more competition, the three big players — Rogers, Telus and Bell — will try to lock up as many customers as possible with long-term contracts, analysts say.

New players in the mobile phone market, such as Toronto's Globalive Communications Corp. and Quebec's Videotron Ltd., still have to get up and running in the coming months before they can win any customers.

The big three telecoms will essentially try to "starve" any new players before they get into the market, said analyst Troy Crandall.

"Ideally, they would like it that the only thing the new entrants can pick up is people who already don't have cellphones, which is a lot tougher to sell," he said.

Wireless subscribers in Canada number just more than 20 million, which is about 62 per cent of the population, the Canadian Wireless Telecommunications Association says.

"It's going to be tougher for the new entrants, especially if they see most of the subscribers when they move into the market already locked into three-year contracts," Crandall said. THE CANADIAN PRESS

Enerplus guilty of bird killings

PLEA Enerplus Resources has pleaded guilty to violating the Migratory Bird Treaty Act by failing to protect birds from oil pits near wells in eastern Montana. The company, based in Denver and Calgary, was fined $10,000 US, and prosecutors say it has taken steps to protect birds. THE ASSOCIATED PRESS

Telus Q2 profit rises 5.5 per cent

REPORT Expanding its key cellphone and data businesses, Telus has reported net profits of $267 million or 83 cents a share for the three months ended June 30. That was up 5.5 per cent from last year, but CEO Darren Entwhistle said the company could have done better. THE CANADIAN PRESS

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Soccer

Greg Sutton made 10 saves and Chad Barrett scored an unassisted goal in the 44th minute to give Toronto FC a 1-0 victory over the Colorado Rapids on Saturday. It was the first win for Toronto (7-8-4) in 10 tries. THE ASSOCIATED PRESS

Sports

'O-Dog' out for season

Arizona Diamondbacks second baseman Orlando "O-Dog" Hudson, left, underwent surgery on Saturday to repair a dislocated bone in his left wrist and will miss the remainder of the season. The former Toronto Blue Jay injured his wrist in the Diamondbacks loss to the Atlanta Braves on Saturday night. THE ASSOCIATED PRESS

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Sports in brief

MLB The surprising run of the AL East-leading Tampa Bay Rays took a hit yesterday when the club placed outfielder Carl Crawford on the 15-day disabled list with a hand injury. Crawford was hitting .273 with eight homers, 57 RBIs and 25 stolen bases. THE ASSOCIATED PRESS

MLB Kansas City Royals right-hander Zack Greinke decided to drop his appeal of a five-game suspension. Greinke was given the suspension for hitting Nick Swisher of the Chicago White Sox with a pitch in the seventh inning on Aug. 3. THE ASSOCIATED PRESS

Lee shuts down Jays

Indians complete road sweep; T.O. places Rolen on DL

INDIANS 4 BLUE JAYS 0

One player in, one player out. One good series, one bad series.

Inconsistency has been a Blue Jays trademark for years and troubling news came to the forefront again yesterday on the scoreboard and in the training room at the Rogers Centre.

After star centre-fielder Vernon Wells (left hamstring strain) returned from a month-long absence to suit up as a designated hitter, the Blue Jays lost 4-0 to the lowly Cleveland Indians to complete a three-game sweep for the visitors and then placed third-baseman Scott Rolen on the 15-day disabled list because of a lingering left shoulder injury.

AARON HARRIS/THE CANADIAN PRESS

Cleveland Indians' Asdrubal Cabrera, centre, turns the double play as Blue Jays David Eckstein slides unsuccessfully into second base yesterday at Rogers Centre.

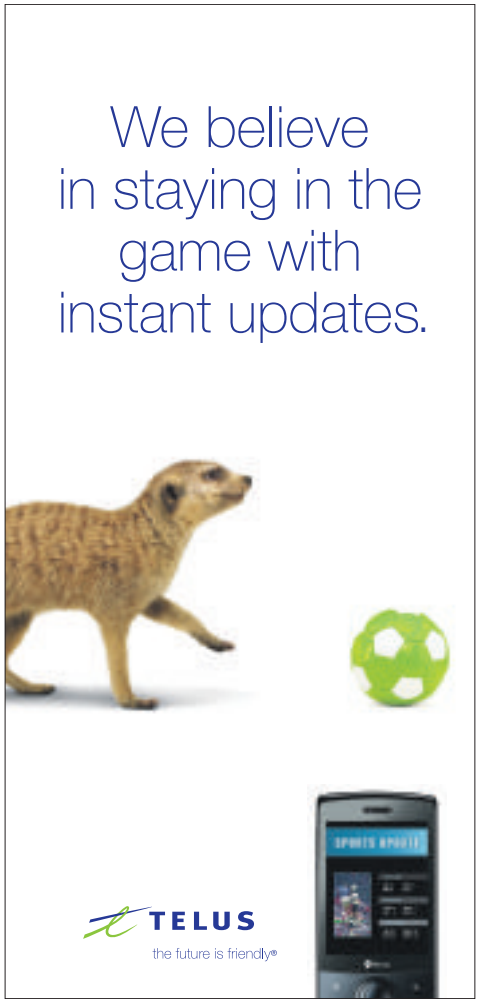
"This is a club that's had a lot of injuries this year," Blue Jays manager Cito Gaston said after Toronto crashed back to .500 for the 18th time this year in the aftermath of a four-game sweep over the Oakland A's.

"When we won (the World Series in 1992 and 1993), we had no injuries, maybe one. Teams that win, they stay injury-free most of the season. It hasn't been that way this year."

The return of Wells, who went 0-for-4, did not help the pop-gun Jays offence against Cy Young favourite Cliff Lee (16-2). The left-hander threw an incredible 83 of his 104 pitches for strikes while allowing eight hits in eight innings before a crowd of 36,447.

Jays rookie right-hander Scott Richmond gave up three runs on nine hits.

THE CANADIAN PRESS



Racing
Kyle Busch won the Centurion Boats at The Glen at Watkins Glen International, becoming the first driver in NASCAR history to win three road course races in one season. Busch, right, has won eight Sprint Cup races this season. THE ASSOCIATED PRESS

St. Pierre defends UFC title

MMA Canadian Georges St. Pierre punished Jon Fitch for five rounds to win a one-sided decision and retain his welterweight title at UFC 87 on Saturday night.

St. Pierre

St. Pierre (17-2) showed his mixed martial arts class in winning 50-43, 50-44, 50-44 before 15,082 at the Target Center in Minneapolis. Fitch (21-3) was gritty and game, but could not solve the relentless Montrealer, who won the standup game and outwrestled the former Purdue wrestler.

"He looked amazing tonight," said UFC president Dana White. "He put on an amazing performance against a guy who would not quit, a guy who just kept taking a ton of punishment. ... GSP looked unstoppable tonight."

THE CANADIAN PRESS

Harrington claims 2nd straight major

Irishman ends long drought for Europe

Padraig Harrington rallied from three shots behind yesterday to win the PGA Championship, closing with a 4-under 66 at Oakland Hills to become only the fourth player to win the British Open and PGA in the same year.

If the winner was familiar, so was the finish.

Harrington shot a 32 on the back nine, just as he did at Royal Birkdale last month, and he came up with three big putts down the stretch. He made a 12-foot par on the 16th to catch Sergio Garcia and Ben Curtis, took the lead with an eight-foot birdie on the par-3 17th, then closed out the Spaniard with an 18-foot par for a two-shot victory.

"I think I was willing them into the hole at that stage," Harrington said. "You have to get focused and give it a go."

The Irishman ended Europe's 78-year drought in the PGA Championship, and he joined Tiger Woods, Nick Price and Walter Hagen as the only players to win the final two majors in the same year.

Garcia was poised to finally prove he could win a major, leading by one shot in the middle of the 16th fairway. But he hit a six-iron into the water and had to scramble for bogey, then missed a four-foot birdie putt on the 17th to fall one shot behind. His six-foot par putt didn't matter when Harrington rolled in his par putt to finish at 3-under 277.

THE ASSOCIATED PRESS

STUART FRANKLIN/GETTY IMAGES

Padraig Harrington celebrates after making par on the 18th hole during the final round of the 90th PGA Championship yesterday at Oakland Hills Country Club in Michigan.

Sports in brief

TENNIS Teenager Juan Martin del Potro rolled to a 6-1, 7-6 (2) victory over Andy Roddick in the Countrywide Classic yesterday to win his third title in less than a month. Running his match victory string to 14 in a row, the 19-year-old Argentine broke Roddick's serve three times in the first set and did not allow a break in the match.

THE ASSOCIATED PRESS

NFL The Pittsburgh Steelers signed veteran quarterback Byron Leftwich yesterday, choosing to add the former Jacksonville Jaguars starter over Daunte Culpepper, a three-time Pro Bowl player. Pittsburgh needed a backup for Ben Roethlisberger after Charlie Batch broke his collarbone in Friday's 16-10 pre-season victory over Philadelphia.

THE ASSOCIATED PRESS

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	71	46	.607	—
Boston	67	51	.568	4½
N.Y. Yankees	63	55	.534	8½
TORONTO	**59**	**59**	**.500**	**12½**
Baltimore	56	60	.483	14½

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	65	51	.560	—
Minnesota	65	52	.556	½
Detroit	58	59	.496	7½
Kansas City	54	64	.458	12
Cleveland	52	64	.448	13

WEST DIVISION

	W	L	PCT	GB
L.A. Angels	74	43	.632	—
Texas	61	58	.513	14
Oakland	54	63	.462	20
Seattle	45	73	.381	29½

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
Philadelphia	64	53	.547	—
N.Y. Mets	62	55	.530	2
Florida	62	56	.525	2½
Atlanta	55	63	.466	9½
Washington	44	74	.373	20½

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	70	47	.598	—
Milwaukee	67	51	.568	3½
St. Louis	65	54	.546	6
Houston	58	59	.496	12
Pittsburgh	53	64	.453	17
Cincinnati	52	67	.437	19

WEST DIVISION

	W	L	PCT	GB
Arizona	60	58	.508	—
L.A. Dodgers	58	59	.496	1½
Colorado	53	67	.442	8
San Francisco	50	66	.431	9
San Diego	46	72	.390	14

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Cleveland 4 **TORONTO** 0
Chicago White Sox 6 Boston 5
Detroit 6 Oakland 1
Kansas City 5 Minnesota 4 (12 ings)
L.A. Angels 4 N.Y. Yankees 3
Tampa Bay 11 Seattle 3
Texas 15 Baltimore 7

NATIONAL LEAGUE
Florida 8 N.Y. Mets 2
Houston 13 Cincinnati 4
Philadelphia 6 Pittsburgh 3
Milwaukee 5 Washington 4 (13 ings)
San Diego 16 Colorado 7
San Francisco 5 L.A. Dodgers 4
Arizona 6 Atlanta 1
St. Louis at Chicago Cubs

TODAY'S GAMES

AMERICAN LEAGUE
TORONTO at Detroit, 7:05
Baltimore at Cleveland, 7:05
N.Y. Yankees at Minnesota, 8:10
Boston at Chicago White Sox, 8:11

NATIONAL LEAGUE
Pittsburgh at N.Y. Mets, 1:10
Washington at Milwaukee, 2:05
St. Louis at Florida, 7:10
San Francisco at Houston, 8:05
Philadelphia at L.A. Dodgers, 10:10

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	4	3	0	8
TORONTO	**3**	**4**	**0**	**6**
Hamilton	2	5	0	4
Winnipeg	1	6	0	2

WEST DIVISION

	W	L	T	PTS
Saskatchewan	6	1	0	12
Edmonton	4	3	0	8
Calgary	4	3	0	8
B.C.	4	3	0	8

WEEK 7

FRIDAY'S RESULTS
B.C. 40 Edmonton 34
Montreal 39 Winnipeg 11

THURSDAY'S RESULTS
Calgary 30 Saskatchewan 25
Hamilton 45 **TORONTO** 21

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Torontonian misses medal chance in Judo

Sasha Mehmedovic of Toronto won his opening match in judo, then lost in the round of 16. In the repechage, he defeated Rachid Rguig, of Morocco before being eliminated with a loss to Alim Gadanov of Russia. THE CANADIAN PRESS

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Swim program shows progress

Canada still without a medal, but rowers and swimmers look good on the water

Canada's swim program, rebuilt after the disaster at the Athens Games, began showing some progress yesterday at the Beijing Olympics.

Brian Johns of Richmond, B.C., was seventh in the 400-metre individual medley race with a time of four minutes 13.38 seconds, while the women's 4x100-metre relay team of Julia Wilkinson, Erica Morningstar, Genevieve Saumur and Audrey Lacroix were eighth in a Canadian record time of 3:38.32.

Canadian swimmers made it to their third final in yesterday evening's preliminaries. The relay team of Brent Hayden, Joel Greenshields, Rick Say and Colin Russell swam to a Canadian record of 3:13.68 to qualify seventh.

"We knew we had it in us," said Hayden of Mission, B.C., after the men's 4x100-metre relay team qualified for today's final. "We're on the right track right now."

Hayden said the Canadians can go faster in the final.

"We've all got more in us," he said. "We're looking good. We're just going to keep it going."

In other swims last night, Hayden and Russell, of Burlington, Ont., both advanced to the 200-metre freestyle semifinals. Hayden said he may scratch from the semifinals to concentrate on the relay.

Wilkinson broke her Canadian record to reach the semifinal of the 100-metre backstroke while Jillian Tyler of Calgary and Annamay Pierse of Edmonton earned spots in the 100-metre breaststroke semifinal.

In the 200 freestyle, Hayden's time of 1:46.31 broke his own Canadian record and was the third fastest of the evening, .08 ahead of American swimming star Michael Phelps. Russell had the fifth fastest time of 1:46.58.

Canada was still looking for its first medal of the Games midway through yesterday's action.

Several rowers kept their chase of the podium alive, as all of Canada's lightweight crews advanced to the semifinals later this week at the rowing regatta.

Melanie Kok of St. Catharines, Ont., and Tracy Cameron of Shubenacadie, N.S., were second in their women's double heat.

In the men's double, Doug Vandor of Dewittville, Que., and Cameron Sylvester of Caledon, Ont., also finished second.

The men's lightweight four of Mike Lewis and Iain Brambell of Victoria, Liam Parsons of Thunder Bay, Ont., and Jon Beare of Toronto were also second to move on.

The news wasn't as good for Canada's only boxer at the Summer Olympics.

Adam Trupish was soundly beaten 20-1 by Bakhyt Sarsekbayev of Kazakhstan in an opening-round, 69-kilogram bout.

In tennis, Frederic Niemeyer of Deauville, Que., retired from his first-round singles match against Guillermo Canas of Argentina with an arm injury. Niemeyer won the opening set 6-3 and trailed the second set 4-2 when he chose to stop the match.

Niemeyer's doubles match with Toronto's Daniel Nestor was among those rained out Sunday.

THE CANADIAN PRESS

How Canada did:

- **BADMINTON:** Anna Rice of North Vancouver, B.C., advanced to the round of 16 with a win over Jeannine Cicognini, Switzerland (21-10, 21-13).
- **ROWING:** Men's lightweight double sculls — Cameron Sylvester of Caledon, Ont., and Douglas Vandor, Dewittville, Que., advanced after placing second in qualifying.
- **ROWING:** Men's lightweight fours — Jonathan Beare, Toronto; Iain Brambell, Brentwood Bay, B.C.; Mike Lewis, Victoria; and Daniel Liam Parsons, Thunder Bay, Ont., advanced following a second-place result in their heat.
- **ROWING:** Women's lightweight doubles: Melanie Kok, St. Catharines, Ont., and Tracy Cameron, Victoria, finished second in their race and advanced.

THE CANADIAN PRESS/PAUL CHIASSON

Regina's Brian Johns, from Regina, finished seventh in the 400-metre individual medley final at the Beijing 2008 Summer Olympics yesterday. While Canada has still yet to win a medal, the swim team has shown vast improvement since the 2004 in Athens.

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Travel Aug 13-Aug 19/pd + $186 taxes & fees

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Fort Lauderdale $179
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TICO

Tennis

Top-seeded Ana Ivanovic withdrew from Olympic tennis yesterday because of inflammation in her right hand that has bothered her for several weeks. She still hopes to play in the U.S. Open, which begins Aug. 25. METRO NEWS SERVICES

Team USA powers past China

High-flying Americans put on show like Dream Teams of yesteryear

This was the stuff a Dream Team is made of. Acrobatic moves, reverse slams and tomahawk dunks. Who needs outside shooting? Just toss it up and throw it down.

The United States opened its campaign for Olympic basketball redemption yesterday with a 101-70 rout of host China that had even the home crowd oohing and aahing.

Dwyane Wade lobbed one up to LeBron James on a fastbreak, James caught it in midair with one hand and in one motion, slammed it home.

Kobe Bryant drove to the basket a couple of times for tomahawk dunks, sending the crowd into a frenzy each time.

And not to be outdone, Wade had a behind-the-head, back-to-the-basket two-handed dunk of his own.

This wasn't a game, this was a spectacle.

And the fans, including U.S. President George Bush, got what they came to see.

"Look, I had five dunks in one game. That's because of the crowd. Last time I had five dunks in a game I was like 17. So that's all because of the energy in this crowd," Bryant said. "I think they knew that history was being made tonight and obviously it was a proud moment for their country as it was for ours. You could feel the electricity."

> **"Last time I had five dunks in a game I was like 17."**
> Kobe Bryant

Wade scored 19 points and James had 18 for the Americans. Bryant finished with 13 points while Raptors star Chris Bosh had nine.

But the score didn't matter in this all-star game setting.

"It was our first game. We were very anxious. We missed shots that we normally would hit. But at the end of the day, you win by almost 30 points, you've got to take good things out of that," Wade said. "We played very, very hard. We give ourselves a chance defensively every night. That's what it's all about with us."

The Americans made 21 of their first 25 shots inside the 3-point arc, though they had another inept night behind it. Still, with James, Wade and Bryant repeatedly getting out on the break, the poor three-point shooting wasn't a problem on this night.

THE ASSOCIATED PRESS

PHIL WALTER/GETTY IMAGES

Wang Zhizhi of China looks for an opening around Carmelo Anthony of the U.S. during their preliminary-round game yesterday at the Beijing Games.

Medal count

Rank	Nation				Total
#1	China	6	2	0	8
#2	U.S.	2	2	4	8
#3	S.Korea	3	2	0	5
#4	Italy	1	2	1	4
#5	Russia	0	3	1	4
#6	Japan	1	0	2	3
#7	France	0	2	1	3
#8	N.Korea	0	1	2	3
#9	Czech Rep.	2	0	0	2
#10	Australia	1	0	1	2
#11	Holland	1	0	1	2
#12	Spain	1	0	1	2
#13	Cuba	0	1	1	2
#14	Britain	1	0	0	1
#15	Romania	1	0	0	1
#16	Thailand	1	0	0	1
#17	Austria	0	1	0	1
#18	Hungary	0	1	0	1
#19	Sweden	0	1	0	1
#20	Turkey	0	1	0	1
#21	Vietnam	0	1	0	1
#22	Zimbabwe	0	1	0	1
#33	Canada	0	0	0	0

(Count at the end of Day 2)

Sports in brief

ATHLETICS The IOC has barred Greek sprinter Katerina Thanou from the Beijing Games, saying her role in a doping cover-up four years ago in Athens was "a scandalous saga" that had brought the Olympic movement into disrepute.

ATHLETICS American sprinter Tyson Gay pronounced himself "injury-free" for the Olympics after completing a workout yesterday. He hurt his hamstring last month. THE ASSOCIATED PRESS

China setting early Olympic medal pace

MEDALS China won four more gold medals to stay at the top of the medal standings after Day 2 in Beijing.

Guo Wenjun won the women's 10-metre air pistol, Guo Jingjing and Wu Minxia the women's synchronized three-metre springboard, Xian Dongmei the women's 52-kilogram in judo and Long Qingquan the 56-kilogram class in weightlifting.

South Korea picked up its sixth straight gold medal in women's team archery, where competition was also suspended for a time during the day due to the rain and windy weather. Matteo Tagliariol of Italy won gold in the men's epee.

Guo

Also, David Kostelecky of the Czech Republic won the men's trap, Prapawadee Jaroenrattanatarakoon of Thailand the women's 53-kilogram weightlifting title and Nicole Cooke of Britain took the women's road race.

In the water, Stephanie Rice of Australia won the women's 400 individual medley in a world record time of 4:29.45. Kirsty Coventry of Zimbabwe was second in 4:29.89, and Katie Hoff of the United States took bronze in 4:31.71.

Park Tae-hwan of South Korea won the men's 400 freestyle. The current world champion finished in 3:41.86 and Zhang Lin of China earned his country's first swimming medal of the Games, claiming silver in 3:42.78.

In the evening preliminaries, the United States set a world record in the men's 400-metre freestyle relay, in 3:12.23, erasing the old mark of 3:12.46.

THE ASSOCIATED PRESS

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Shine a light on fluorescent bulbs

If 1 million people changed four incandescent light bulbs each to compact fluorescent light bulbs, 900,000 tons of greenhouse gases would be eliminated, according to The Live Earth: Global Warming Survival Handbook by David de Rothschild. METRO NEWS SERVICES

Going Green

Water, water everywhere

Canada's water use averages out to 1,600 cubic metres of water per capita each year. This is double the amount used in France per person, nearly four times the water use of the average Swede and more than eight times that of the average Dane, according to Greeniology: How to Live Well, Be Green and Make a Difference by Tanya Ha. METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

Air index hits Internet

POLLUTION Each year, an estimated 6,000 Canadians die prematurely as a result of air pollution. Even more are hospitalized for respiratory or cardiovascular illnesses or suffer minor effects, such as coughing.

In order to minimize their exposure to noxious pollutants, and take steps to reduce emissions from their own activities, Canadians need to know when the quality of the air they breathe poses a risk to their health.

The new Air Quality Health Index, found at www.airhealth.ca, is the first index of its kind to take into account how the level of exposure to multiple pollutants can affect your health. NEWS CANADA

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Serious about North

ScienceMatters

David Suzuki & Dr. Faisal Moola

"The Ontario government's recent commitment to protect 50 per cent of its intact boreal forest offers hope that governments are getting serious about protecting the planet."

Are Canadian politicians finally paying serious attention to the environment?

Recent events and announcements give us reason for optimism.

The Ontario government's recent commitment to protect 50 per cent of its intact boreal forest offers further hope that governments are getting serious about protecting the planet.

On July 14, Ontario Premier Dalton McGuinty committed to preserve 225,000 square kilometres of northern boreal forest under the province's Far North Planning Initiative. That's an area one-and-a half times the size of the Canadian Maritimes!

It's a significant commitment, and it's something more than 1,500 of the world's scientists had asked for, including us.

The boreal forest stretches across the northern part of Canada, touching almost every province and territory and covering 35 per cent of the country's total land mass. It represents about one third of the world's circumpolar boreal system and one quarter of all intact forests remaining on the planet.

The region supports three billion migratory songbirds and more than 200 species of animals, including dozens of threatened or endangered species such as woodland caribou, grizzly and polar bears, wolverine, lynx, and white pelican.

The announcement is significant not just in terms of conservation but also because it marks the first time a government in Canada has explicitly recognized the role nature conservation must play in combating global warming.

The boreal's forests and peatlands absorb and store massive amounts of carbon, making them a hedge against global warming caused by emissions from human activity.

Scientists estimate that Ontario's northern boreal alone absorbs 12.5 million tons of carbon dioxide emissions a year.

With this announcement, Ontario has taken an important and courageous step, one that we hope other provinces will follow.

For example, Quebec has protected less than five per cent of its own boreal forest, and though it has plans to increase this, it has yet to make a commitment as visionary as Ontario's.

The recent attention governments have been paying to the environment are positive signs.

But successful conservation efforts can't be limited to aspirational goals announced at news conferences. We all have a responsibility to make sure governments live up to their commitments.

Take David Suzuki's Nature Challenge and learn more at www.davidsuzuki.org.

Dr. David T. Suzuki is a Vancouver-based award-winning scientist, environmentalist and broadcaster.

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Starting June 1, 2009, a U.S. law will require Canadians to present a valid passport to enter the United States by water or land. If you don't have a passport, avoid the rush. Apply for your passport today to ensure you have it when you need it. Remember, the passport is the recommended travel and identification document for all Canadian travellers.

U.S. law already requires Canadians to present a valid passport to enter the U.S. by air. The NEXUS card is also an accepted travel document to the U.S. Canadians aged 15 and under may present a birth certificate or a citizenship card instead of a passport when travelling to the U.S. by water or land.

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Canada

Driving down carbon emissions
If 1 million drivers didn't use their car for one day, 20,000 tons of CO_2 emissions could be eliminated, according to The Live Earth: Global Warming Survival Handbook by David de Rothschild. METRO NEWS SERVICES

Less is more mantra for detergents

"Anxiety attack, aisle 2." That would be laundry products.

Grocery store shelves are jammed with boxes and bottles of detergents and bleaches whose labels announce new formulas: Ultra, 2X Ultra, 3X Concentrate, Coldwater HE Concentrate.

Unlike ever-expanding clothes sizes — more Xs, more waistband — laundry products are shrinking. New condensed formulas, say manufacturers, are more eco-friendly, requiring less packaging, less plastic, less water, less gas to ship.

Fine. Small is beautiful — but bewildering for the busy shopper now responsible for Mother Earth and the family budget, never mind clean clothes.

Dr. Laundry feels consumer pain. "Everything right now is in a state of flux," says Harold Baker, a.k.a. Dr. Laundry, technical spokesperson for Clorox, makers of Javex.

> **We're changing over to high-efficiency washing machines, concentrated laundry products ... There's so much going on."**
> Clorox spokesperson Harold Baker

"We're changing over to high-efficiency washing machines, concentrated laundry products and even clothes with different finishes. There's so much going on."

It's a leap of faith for the consumer to use less and get the same good results, he says. "It's counterintuitive. We're used to buying bigger."

That was the problem 10 years ago when Procter & Gamble, makers of Tide and other brands, first tried compacted formulas.

Since then, consumers' environmental concern has evolved. As of May, all of P&G's liquid laundry detergents became condensed. And this time, all major manufacturers are on the shrink-the-plastic and save-the-planet bandwagon.

But just how eco-friendly are these less-is-more products? Not very, if consumers pour in too much.

"For the environmental benefit, it's imperative that the consumer use it properly," says Joanne St. Godard, executive director of the Recycling Council of Ontario.

TORSTAR NEWS SERVICE

Buyers still wary of green claims

It can be difficult for customers to know which cleaning products are really safer and better for the environment.

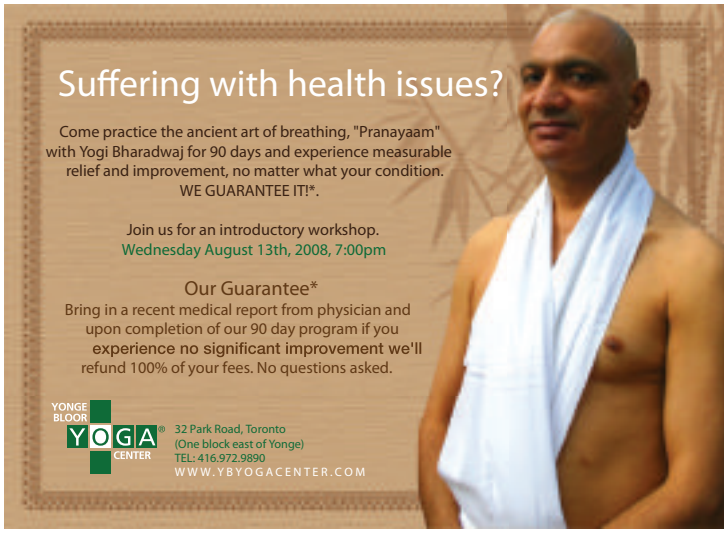
Young Canadian entrepreneurs and green cleaning product experts David Stone and Jeremy Quinn are owners of Oxi Brite, a green ideas company. Wal-Mart Canada approached the small household cleaning products company to partner with them on the development of the GreenLine. Quinn and Stone offer some advice on what to look for when picking environmentally preferable cleaning products.

"One of the reasons some Canadians haven't adopted green cleaning is because they don't trust that the products they're buying are really better for the environment." says Quinn. "The GreenLine is third-party certified by Canada's leading environmental certification program, so customers can be certain they're choosing products better for the environment. For customers leery of the effectiveness of natural cleaning products, there's a known and trusted brand behind the GreenLine so they can rest assured that they'll also get an effective clean."

NEWS CANADA

before purchase

Look for products that:
- List their ingredients on the package.
- Are third-party certified by a credible and well-known organization such as Environmental Choice.
- Contain naturally derived ingredients.
- Are readily biodegradable.
- Contain no dyes or artificial fragrances.



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The City of Toronto holds public consultations as one way to engage residents in the life of their city. Toronto thrives on your great ideas and actions. We invite you to get involved.

Eglinton Crosstown Light Rail Transit (LRT)

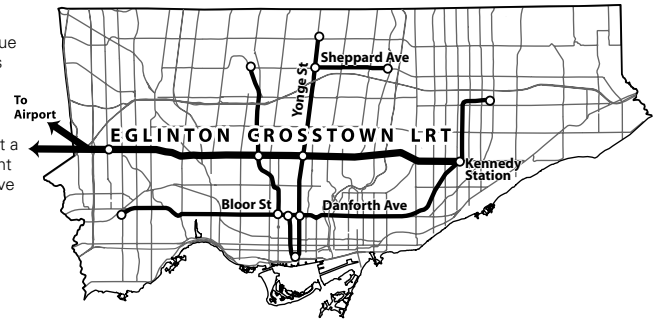
Preliminary Planning for a Transit Project Assessment Study
NOTICE OF FIRST OPEN HOUSE

The Study
The City of Toronto and the Toronto Transit Commission (TTC) are examining ways to significantly improve transit service on Eglinton Avenue between Kennedy Subway Station and Renforth Drive, and potentially as far as Lester B. Pearson International Airport. Toronto's Official Plan focuses on city-building and creating a Transit City by establishing key avenues for future growth. The Official Plan and the TTC's Ridership Growth Strategy also stress the importance of making high-quality transit a more attractive option for travel. Modern environmentally-sustainable light rail transit service will support the growing travel needs of people who live and work in the Eglinton Corridor and beyond, and will also make the street livelier, more attractive, and more people-friendly. This is part of Toronto's Climate Change and Beautiful City initiatives to make all of Toronto a more liveable and pleasant place to live and work.

The City and TTC are currently undertaking a preliminary planning study, which will be followed by an Environmental Assessment.

What Are We Recommending?
We are recommending that the bus service on Eglinton Avenue be replaced with modern electrically-powered light rail vehicles. Within the central section between Brentcliffe Road (which is just west of Leslie St.) to a point between Jane and Keele Streets, the light rail vehicles would operate underground. TTC is proposing an underground LRT through this section because the width of Eglinton Avenue is too narrow to accommodate LRT. For the rest of Eglinton Avenue, the light rail vehicles would operate at surface, in dedicated transit lanes separated from traffic. The proposed light rail transit would provide a fast, reliable, and comfortable way to travel on Eglinton Avenue and support the growth management objectives of the Official Plan. The map shows the proposed LRT route.

We Want Your Input
We are having four Open Houses to explain the project, to show you what we hope to achieve, to get your comments, and to answer any questions you may have. Please drop in any time between 6:30 p.m. and 9:00 p.m. at any of the Open Houses. We look forward to meeting you there.



Open Houses
Thursday, August 14 – Forest Hill Memorial Arena, 340 Chaplin Cres., 6:30 p.m. to 9:00 p.m.
Tuesday, August 19 – Leaside Arena, 1073 Millwood Rd., 6:30 p.m. to 9:00 p.m.
Monday, August 25 – Humber Valley United Church, 76 Anglesey Blvd., 6:30 p.m. to 9:00 p.m.
Wednesday, August 27 – Don Montgomery Community Rec Centre (formerly Mid Scarborough C.C.), 2467 Eglinton Ave. E., 6:30 p.m. to 9:00 p.m.

Need more information?
Please visit the project website for more information or contact us to be placed on project mailing list:

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Toronto, Ontario M5V 3C6

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TTY: 416-397-0831
Email: eglintontransit@toronto.ca
Web: www.toronto.ca/involved (See Transit City)

Ottawa universities plan for expansion

Ottawa's two universities are seeking out more space to keep up with the rising student population. The University of Ottawa has issued a request for proposals to house its library warehouse while Carleton University seeks expansion as well. METRO NEWS SERVICES

Workology

$5M for U of T

Yesterday, the Ontario government announced a $5-million investment in a new research institute at the University of Toronto. The institute will focus on non-partisan policy research and analysis on issues affecting Ontario.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Office eating need not be unhealthy

RAFAEL BRUSILOW
for Metro Canada

Eating healthy at work doesn't seem easy. Stress, lack of time and too much work means many people settle for fatty, sugar-laden fast food or fill up on junk food in between meals.

Yet Ali J. Chernoff, a Vancouver-based nutritionist and registered dietician, suggests eating well at work doesn't have to be a chore if you take the initiative and plan accordingly.

The first place to start is portion sizes. Chernoff says most people simply eat too much food and offers a few techniques for eyeballing a correct portion size.

For fruits and veggies, a single portion should be about as large as your fist. Meat servings should only be the size and thickness of your open palm.

Using these guidelines, enormous restaurant portions should be a sobering experience but Chernoff says too many people continue the trends they see in their own kitchens.

"People tend to take restaurant portion sizes into their homes. It doesn't take much to make up a serving so people end up eating too much," Chernoff said.

The need for quick, easy food while you're working is undeniable, so Chernoff says the best strategy is to take one day out of each month to cook up a storm of your favourite dishes and freeze them, essentially making a stash of healthy fast meals you can take to work and heat up in the microwave.

Also, cutting out food altogether to "make up" for overeating in the past is a bad idea and skipping breakfast is a huge no-no because without it, you will be tired early and eat more in the long run.

"If you're nutrient-deprived your body is not functioning like it's supposed to be," Chernoff said.

While many popular diets suggest eating drastically fewer carbohydrates, the truth of the matter is that carbs are necessary fuel for your body. Like a car, if you don't put enough fuel into the tank the engine won't run for long. If you find yourself feeling forgetful or unfocused at work, the problem could also be a lack of carbs.

"The brain is fuelled by carbohydrates. You have to eat carbs otherwise you can't really function — but you can eat better ones," Chernoff said.

Better carbs include brown rice, whole wheat pasta and plenty of fruits and veggies compared to the bad carbs generally found in processed foods.

Healthy food can also help keep the body awake and energized so swap out refreshing water for your coffee or tea and bring a stash of fresh cut veggies to munch on at your desk. Stay away from candy bars and chips and instead squelch cravings by splitting your healthy meals up and eating them more often.

For fruits, a single portion should be about as large as your fist.

Sugar and salt

- When eyeballing amounts of things like sugar or salt, the tip of your thumb is a good approximation of a teaspoon, and three thumbtips is a tablespoon.

Humble beginnings for famous chef

VERONICA BOODHAN
for Metro Canada

Taking an unconventional approach to cooking, Marty Curtis has travelled the world and worked in a variety of different places, but now he is finally doing what he loves to do — and he's sharing it with the world at his world-famous café in Muskoka.

People travel from all over the world to visit the café and indulge in one of the butter tarts. Celebrities including, Mike Myers, Goldie Hawn and Kurt Russell have all visited the Muskoka landmark.

Finding his place came to Curtis at an early age. He began working with food at age 14, as a young apprentice at Baffo's Pizzeria in Bolton. His parents are self-employed, which encouraged him to become an entrepreneur as well.

It was being a spiritual person that has helped guide Curtis through his journey to the food business.

"When I was a teenager, I always worked in food and I study up astrology and there are certain characteristics we're born with. Me being a Virgo and earth sign, you tend to work with your hands quite often," said Curtis. "When I understood astrology and once I believed in the characteristics I read about and enjoyed reading about, I said 'that makes sense, no wonder I always ended up back in the food business,'" said Curtis.

While in university, Curtis decided to quit school to travel through Europe and Africa for a year, returning at age 19, with motivation to follow in the footsteps of his parents and begin working in real estate.

After five years of working in the real estate market, Curtis decided to switch fields. He decided to work with his grandfather in orthopedic footwear. But his plans changed when he decided to go back into the food business, opening up his own ice cream shop that evolved into his World Famous Café.

> **"It's about constantly setting a new vision for yourself and you just believe you can do it and you trust it and let it happen."**
> Marty Curtis

But the risk of failure never kept Curtis down. It's his perseverance that has led Curtis to his success.

"It's about constantly setting a new vision for yourself and you just believe you can do it and you trust it and let it happen."

Soon, Curtis will be releasing his own cookbook, Marty's World Famous Cookbook, revealing some of his most famous recipes, including the one for his famous butter tarts.

"I just wanted to share the recipe with as many people as possible," said Curtis. "Butter tarts are Canadiana and food should be shared with people."

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How U.S. PSEs are plugging the "brain drain"
As the "brain drain" battle wages on, a number of U.S. public colleges and universities are turning towards specific initiatives to retain valuable faculty. Boosting faculty salaries is a primary pre-emptive tactic. METRO NEWS SERVICES

Flipping out, all a part of the job

OddJobs

Diane Peters

Ever wonder what those lithe gymnasts romping across the mat in China this week will do when they grow up? You can't vault competitively forever.

But you can flip, soar, leap and balance for paying audiences, at least into your late thirties.

That's what Montrealer Stacy Clark, 38, does. She started gymnastics at age six and competed at the national level until a back injury made her quit in her mid-teens. "It was hugely disappointing. When you do a sport like that, which takes up so much of your time, it really defines you." She then had a "normal" life and went to Ryerson for media arts and got an advertising job in Toronto.

She was 26 when she saw an outdoor flying trapeze rig and people doing aerial stunts. "Wow, I really have to try that," she said to herself. So she signed up for a circus class at Harbourfront Centre and took to it immediately. Eventually, she was taking classes four nights a week.

> **"If my body hurts and I'm not having fun, then I don't want to do this. But right now, it's the greatest job on earth. We've performed in hail and in the pouring rain and we always have fun."**
> Stacy Clark

She met professional dancer Robin Szuch and the two worked well together. Realizing no one in Canada was doing circus work as street performers, they created High Strung Aerial Dance in 2000. They had a portable 20-foot-high trapeze made and landed their first gig within a few months.

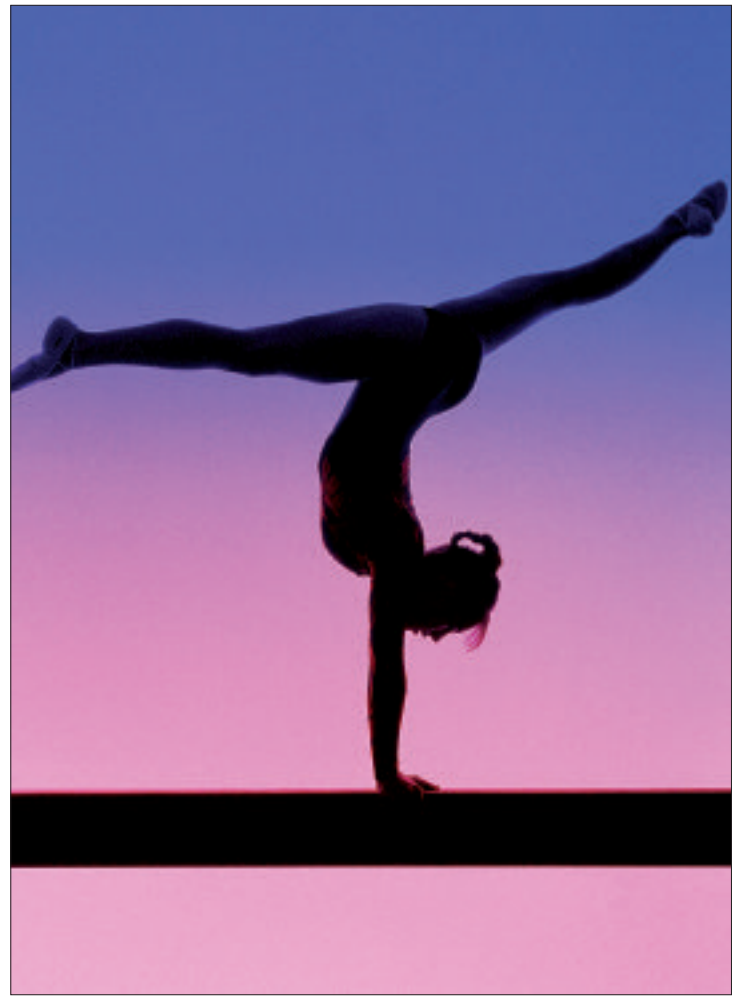
Weekends were soon filled with outdoor performances in summer and corporate gigs in winter. Clark kept working, but her boss gave her the summer of 2003 off to perform. She quit the following spring when the company was offered, in quick succession, work on a TV show, a trip to Japan and a job with the Canadian Opera Company.

High Strung's street show combines theatre, comedy, acrobatics and aerial stunts. Clark wears a bun and plays the "straight" character while Szuch wears pigtails and is a total goof. During the show, Clark stands on Szuch's shoulders, waving and grinning at the audience while Szuch grimaces in mock pain under her weight. On the trapeze, Clark does various flips and at one point balances on the nape of her neck and at another dangles upside down from her flexed feet.

The show takes a lot of energy, strength and flexibility. On non-performance days, to keep in top condition, not to mention looking great in her spandex costume, Clark either runs or does yoga.

While maybe not as gruelling as competitive athletics, this is a physical job that Clark knows she can't do forever. She recently moved back to Montreal to take a job with Cirque du Soleil as a talent scout. Her employer, of course, lets her take time off for performances.

"If my body hurts and I'm not having fun, then I don't want to do this," she says of her exit plan. "But right now, it's the greatest job on earth. We've performed in hail and in the pouring rain and we always have fun."



After vaulting competitively, Stacy Clark turned it into a career.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Aerialist
Salary: "I make as much as I did as an account director at an advertising agency."
Education: While Clark went the recreational training route, there are accredited circus schools across the country
Best Part of the Job: "Keeping fit is a perk, but the best part is that I love it."
Worst Part of the Job: "We don't have a crew, so we have to do everything ourselves."

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Georgian to open marine training centre in fall

With the help of various levels of government and the Canadian marine industry, Georgian College will open its Great Lakes International Marine Training Centre at its Owen Sound campus on Nov. 21. METRO NEWS SERVICES

Homework help makes a difference

A new school year is fast approaching and, once again, homework will become a nightly activity.

However, according to a recent survey conducted by Ipsos-Reid for Kumon Math and Reading Centres, if parents take the time now to teach their child to proactively ask for homework support, it can help them improve academic performance and enjoy a more rewarding homework experience.

According to responses from more than 1,200 Canadian parents, more than half of the children who actively engage their parents in homework support perform at an average to above-average level at school.

Also, children who engage their parents in the homework process enjoy more dynamic support. From monitoring homework progress (75 per cent) to discussing the assignment (75 per cent), these children are turning a once tedious and stressful task into an interactive, two-way dialogue about learning, creating a more rewarding and enriching homework experience.

"Students who ask for homework assistance demonstrate ownership of their work and an interest in succeeding," says Dr. Donna McGhie-Richmond, education specialist for Kumon Math and Reading Centres. "The converse is also true. Children who are struggling or feel that they aren't succeeding may stop trying altogether. Successful homework completion will help a child do better in school, and can instill greater confidence and promote good, independent study habits."

Parents can help by demonstrating an interest in their child's homework and offering support, not by completing assignments for their child, he added.

NEWS CANADA

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Swift donation

Taylor Swift announced onstage at a concert in the flood-beleaguered town of Cedar Rapids, Iowa, that she's donating $100,000 US to the local Red Cross. FEMALEFIRST.CO.UK

Entertainment

Inglorious role

Brad Pitt has joined the cast of Quentin Tarantino's next film, Inglorious Bastards. The actor is expected to play the head of the Jewish resistance in the Second World War. BBC NEWS ONLINE

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EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Bernie Mac dies

Family expected him to pull through illness

Comedian Bernie Mac's family had expected him to fully recover from the bout of pneumonia that put him in a hospital three weeks ago, his daughter said yesterday.

However, Je'niece Childress said that as time passed she and her mother braced for the possibility that he could die.

Mac, 50, died Saturday from what his publicist said were complications from pneumonia.

Childress said Mac had been at Northwestern Memorial Hospital in Chicago since the middle of July.

"Initially when he was hospitalized we expected him to come back home, but as the weeks went on, I kind of knew," Childress said.

GETTY IMAGES FILE PHOTO

Comedian Bernie Mac

Mac also suffered from sarcoidosis, an inflammatory lung disease, but he had said the condition went into remission in 2005. His publicist, Danica Smith, has said the pneumonia was unrelated to the sarcoidosis.

Mac, born Bernard Jeffrey McCullough in Chicago, got his start doing standup as a child. His successful career included his own Fox television series, The Bernie Mac Show, and starring roles in Ocean's Eleven, Bad Santa, Charlie's Angels: Full Throttle and Transformers.

Childress said Mac, who maintained a home in the south Chicago suburb of Frankfort, was a loving father, husband and grandfather. Childress, 30, is his only child, and has a one-year-old daughter. She said her mother, Rhonda McCullough, and Mac were married for 32 years.

Childress said funeral arrangements were pending. Smith said a public memorial would be held next weekend in Chicago.

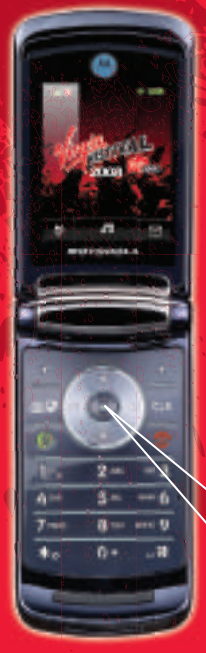
THE ASSOCIATED PRESS

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to Media By Numbers LLC.

1. **The Dark Knight** $26 million US
2. **Pineapple Express** $22.4 million
3. **The Mummy: Tomb of the Dragon Emperor** $16.1 million
4. **The Sisterhood of the Traveling Pants 2** $10.8 million
5. **Step Brothers** $8.9 million
6. **Mamma Mia!** 8.1 million
7. **Journey to the Center of the Earth** $4.9 million
8. **Hancock** $3.3 million
9. **Swing Vote** $3.1 million
10. **WALL-E** $3 million

THE ASSOCIATED PRESS



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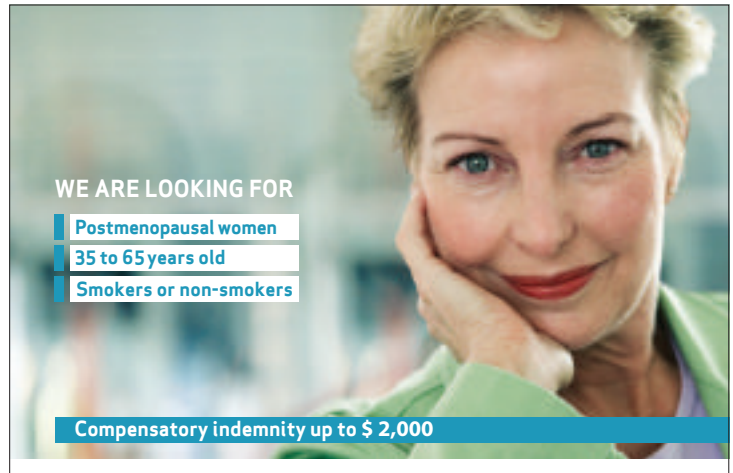

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Dreyfus sues father, uncle

Richard Dreyfuss is suing his father and uncle for an $870,000 US loan he claims was never repaid. The lawsuit centres on a loan Dreyfuss claims he made to his relatives in 1984. THE ASSOCIATED PRESS

Countdown kings

Seacrest, Clark to share New Year's duties

Dick Clark is still Mr. New Year's Eve — but he'll be sharing the title with Ryan Seacrest.

Starting this December, Clark's longtime end-of-year special will be called Dick Clark's New Year's Rockin' Eve With Ryan Seacrest, ABC and Dick Clark productions said Friday.

It was also announced that Seacrest will serve as co-host with Clark and as an executive producer on the broadcast for another three years, through the 2010 show ringing in 2011.

The show's name change reflects Seacrest's success in co-hosting "one of America's most time-honoured traditions," Orly Adelson, executive producer and president of Dick Clark productions, said in a statement.

New Year's Rockin' Eve will mark its 37th year on Dec. 31 and include the customary countdown to midnight from New York City's Times Square. The program was the top-rated New Year's Eve show last year, drawing 29 million viewers. THE ASSOCIATED PRESS

GETTY IMAGES FILE

Seacrest will co-host the New Year's Eve show through 2011.

Entertainment in brief

PEOPLE Isaac Hayes, the pioneering singer, songwriter and musician whose relentless Theme From Shaft won Academy and Grammy awards, died yesterday, the Shelby County Sheriff's Office said. He was 65. A family member found Hayes unresponsive near a treadmill and he was pronounced dead about an hour later at Baptist East Hospital in Memphis, according to the sheriff's office. The cause of death was not immediately known. Hayes' career hit another high in 1997 when he became the voice of Chef, the sensible school cook and ladies man on the animated TV show South Park. THE ASSOCIATED PRESS

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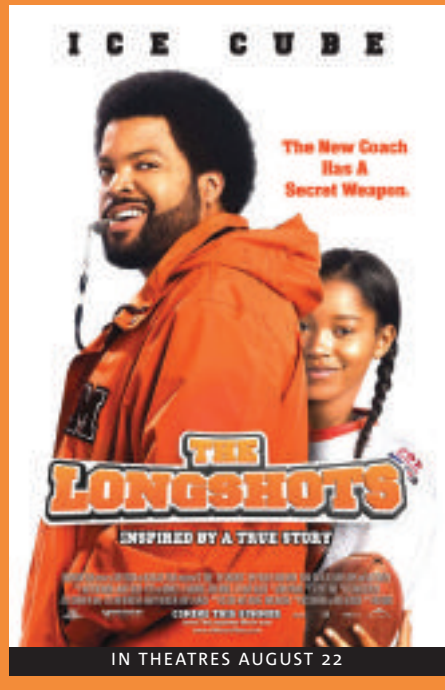

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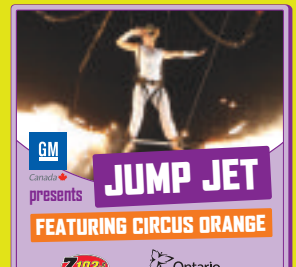

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Hoffman makes director debut

Actor Philip Seymour Hoffman, left, is to make his West End debut as a director by taking charge of Riflemind, which chronicles the trials of a rock band reuniting after two decades. The show is set to open next month. IMDB.COM

Using basement space wisely

InteriorDivine

Ah! The humble Canadian basement! A potentially useful and very comfy space . . . or an overstuffed nightmare that does little more than scream 'past tense.' Our first word of advice is — PURGE! So many family rooms are crammed with a ramshackle selection of furniture (most of which never even gets used), so either give it away or send it to the dumpster.

Problem Solving

Paint ceilings a lighter tone than walls to effectively raise perceived head height. It's also important to keep ceiling lines simple by removing Crown moulding and cornice. De-fuss further by taking away picture and dado rails to stop your walls from looking 'chopped up' and therefore shallower.

Colour

Limit bolder colour to easily changeable accessories and ornamentation. Applying stronger tones won't only darken space, it will also limit design flexibility further down the line.

Lighting

Avoid overhead pendant lamps. A well-planned project will still look wonderful with shallow ceiling mounted tracks, side lighting, pot lights or "wall washers."

Flooring

We avoid wooden floors in basements unless we're absolutely certain there's no possibility of damp. Carpet is potentially serviceable. However, while it's tempting to select all wool, we recommend choosing a product with a higher man-made content as it's more resilient to moisture and mould. That said, our preferred lower-level flooring option is tile. Whether slate, ceramic or stone, it provides a durable finish that is less likely to succumb to damp problems than other options.

Keep furnishings low slung to distract from vertically challenged rooms.

Furniture

Keep furnishings low slung to distract from vertically challenged rooms. Opt for long, lean sofas with a comfy squashy feel and seek out designs that have shorter legs to 'pull' the eye down further. Keeping basement level floor space as free as possible will allow for good circulation so consider drawing a sectional modular L shaped sofa against one wall, positioning occasional tables at either end and adding side 'mood' lighting to create ambience.

Or go funky retro! In a recent Vancouver rec room conversion we added bean bags and the results were fabulous. What's more, our owners were so impressed that they're currently installing more bags upstairs!

Two For One

Think, too, about multi-purpose furniture (tables that act as storage chests, for example, or cubes that moonlight as seating) to squeeze optimum flexibility from your family room. At the end of the day your space should be as multi-function as possible, so remember, for example, to incorporate surfaces where your children can do homework under close supervision while you catch up with your favourite DVD.

Colin & Justin's The Home Show airs Tuesdays at 11 p.m. and Saturdays at 4 p.m. ET on HGTV. www.hgtv.ca

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Branching out

Michael Kors, right, is flexing his acting muscles. The fashion designer will appear in an episode of Gossip Girl when the show returns with its second season, beginning Sept. 1. PEOPLE.COM

Lure of The Hills too much for many

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

THE TV CRITIC VERSION OF STOCKHOLM SYNDROME: Given a choice of watching my own death, in slow motion, set to a soundtrack of emo bands or an episode of The Hills, I'd choose the former without a moment's hesitation.

Still, the mere existence of MTV's hot hit "reality" show fascinates me to no end — but not enough to actually contemplate watching the thing. My suspicion is that, for TV critics and other people somehow concerned with the viability of the medium, knowing that The Hills is out there is like searching out the highest hilltop to watch the planet-killing asteroid arc across the sky on its way to ending all life on earth; you know it's out there, and that nothing will ever be the same again, but there's nothing you can do to stop it, so you'd might as well enjoy the brilliant, fiery, jagged scar as it's cutting through the atmosphere.

Time magazine's James Poniewozik has it bad for The Hills, as he confessed in a paean to the show published last week.

"Yes, The Hills is fake," he admits right off the top. "Fake in the sense that producers and participants acknowledge reshooting scenes and doing multiple takes. Fake in the sense that MTV's beautiful 'stars' are famous for little more than being on The Hills.

"And fake in that it's proof that a beautiful shot and a well-chosen sound rack can imitate emotion in even the most banal scene."

"It all sounds shallow, and, O.K., it is," he practically swoons. "The surfaces are precisely what make The Hills entrancing: it is possibly the best-looking series on television. It doesn't just look better than life. It looks better than TV. Where most reality shows use garish close-ups to show hot emotions, The Hills uses middle- and long-range shots in wide-screen, giving it a cooler feel and framing the subjects like art photography. It's full of liquid L.A. sun, in love with the way light plays on surfaces — car bodies, plate glass, glossed lips." Poniewozik has obviously penetrated much closer to the heart of The Hills' appeal — an appeal that's obviously there, though I've been utterly unable to divine its precise nature, or access any part of myself, past or present, that might have responded to The Hill's very circumscribed but exhaustively chronicled slice of life.

"If this is fake, maybe reality is overrated," Poniewozik insists. More to the point, it's hard to imagine that other networks aren't eager to learn the lesson being taught by The Hills' success, which is that if this is reality TV, then maybe fake TV is overrated.

Rick McGinnis writes about music, movies, books and television, but not opera.

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	214	344	7	CITY	Friends	Hollywood	Harlem Globetrotters		Supermodel-Canada Finals		The Mole (N)		News (N)
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	-	387	16	CBS	Inside Edition	Hollywood	Big Bang Th	How I Met	Two/Half Men	Old Christine	CSI: Miami (HDTV)		News (N)
	-	385	17	NBC	Entertainment	Olympic Zone	XXIX Summer Olympics (HDTV) (Live)						
	-	386	18	ABC	Wheel-Fortune	Jeopardy!	High School Musical: Picture		Samantha Who	Samantha Who	The Mole (N)		News
	219	346	20	ACH-B	Wheel-Fortune	Jeopardy!	Wanna Bet?		Sarah Connor Chronicles		Comedy Now (DVS)		News (N)
	-	-	28	FOX	Judge Judy	Two/Half Men	Prison Break "Dirt Nap"		Sarah Connor Chronicles		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Time Goes By	Antiques Roadshow		History Detectives (N)		Muhammad Ali: Made in Miami		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Gossip Girl (HDTV)		One Tree Hill (HDTV)		CW11 News at Ten		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy!	Dr. Phil		News (N)	Jeopardy!	Frasier	Frasier	Cheers
	298	653	332	TLA	Reba	Reba	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	Gossip Girl
news	502	390	26	NW	CBC News	Beijing Today	Assignment: Beijing		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Asia Squawk Box		On the Money		Fast Money (Live)		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	MLB Baseball Toronto Blue Jays at Detroit Tigers. From Comerica Park in Detroit.						Sportsnet Connected (Live)		Sportsnet Con.
	400	400	30	TSN	XXIX Summer Olympics (HDTV) (Live)								SportsCentre
	411	457	58	OLN	Exploration	Videos	The Amazing Race 7				Departures		Pilot Guides
	417	406	81	SC	Pinks	Pass Time (N)	This Week in NASCAR (N)		101 Cars-Drive	Car Crazy (N)	Barrett-Jackson		Pinks (HDTV)
family	551	542	25	YTV	The Next Star		Rugrats	Rocko's Life	Prank Patrol	Mystery Hnt.	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	Akira ★★★ (1988, Science Fiction)		
	556	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	How Clean	How Clean	How Clean	House	Confidential	Divine Design	How Clean	Kim	House
	570	580	29	MM	America's Best Dance Crew		MuchTopTens (N)		The American Mall (2008, Musical Comedy) Nina Dobrev.				American Mall
	615	520	31	A&E	CSI: Miami (HDTV)		Intervention "Marie"		Intervention "Allison" (N)		Paranormal	Paranormal	The Cleaner
	700	800	35	TLN	Centrovetrine	Sky TG 24	Il Segreto di Grande Ourse		Il Segreto di Grande Ourse		The Sopranos (SS)		Raymond
	571	581	36	MMM	mmmtop	Rockschool	Rockschool	Rockschool	Rockschool	Rockschool	Rockschool	Rockschool	Popaganda
	575	583	38	CMT	Sessions	Sessions	Karaoke Star "Edmonton, AB"		Reba	Hope & Faith	Home Improve.	Roseanne	Karaoke Star
	616	521	39	SHO	ReGenesis "Phantoms"		Cold Squad		Trailer Park	Billable Hours	Jekyll (N)		House
	620	523	40	BVO	Cirque du Soleil's Solstrom		Putting It Together				Bone		Law & Order
	601	562	41	SLC	End of Leash	Til Debt-Part	End of Leash	Spoiled Rotten	Wedding SOS	Party Mamas	The Millionaire Matchmaker		End of Leash
	522	506	43	HIS	NCIS "Head Case"		Cities of the Underworld		Gangs of New York ★★★ (2002, Historical Drama) Leonardo DiCaprio.				
	625	548	44	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	MADtv		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Design U	Home to Stay	Property Virgin	House Hunters	Location, Location, Location		Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	The Sixth Man ★★ (1997, Comedy) Marlon Wayans.				Frasier	Frasier	Seinfeld
	576	582	49	BET	106 & Park	Madea's Family Reunion ★★ (2006, Comedy) Tyler Perry, Lynn Whitfield.					Comicview		Hell Date
	627	528	50	SPC	Stargate SG-1		Star Trek: Voyager		Taken "God's Equation" (Part 7 of 10) (DVS)				Stargate SG-1
	581	566	52	MTV	Next	Cribs	Canada's Next Top Model		Engaged & Underage Live		Living on Edge	Super Sweet	MTV Live
	618	524	54	TROP	Deal or No Deal Canada		ET Canada	What Happen?	X-Weighted "Amy"		Are You Smarter		Deal-No Deal
	603	561	56	FOOD	Road Grill	Licence to Grill	Restaurant Makeover		Good Eats	Perfection	Kitchen Nightmares		Restaurant
	261	394	60	V	Murder, She Wrote		Prime Minister	Watchtower	McLeod's Daughters (N)		Divine Restor.	Recreat. Eden	China's Leap
	621	527	63	STR	Look-A-Like	Hollywood	TMZ (N)	Madonna	Scott Baio	Old Skool	The Ellen DeGeneres Show		Madonna
	553	546	65	TRE	Wonder Pets	Nght Grdn	The Wiggles	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	Qui perd gagne (SC)		Laura Cadieux	Histoires-filles	Monk (HDTV) (SC)		TVA 22 heures	Sucré-salé	Coeur
	126	730	102	RDI	RDI en direct	400 fois Qué	Grands reportages (SC)		Le Téléjournal	Chine	RDI en direct	Le National	Le Téléjournal
	526	507	249	CLT	The West Wing		The Great Anglo-Boer War		Decoding the Past		Traders		The West Wing
	300	601	301	M1	Abducted: Fugitive for Love		Stargate Atlantis		Californication	Californication	Penn & Teller	This Am. Life	The Business
	305	612	306	PIX	(7:15) Balance of Power ★ (1997, Drama) Billy Blanks.				The Shining ★★★ (1980, Horror) Jack Nicholson, Shelley Duvall.				

critics'corner

The Mole

So who is the Mole? We'll find out tonight, along with learning which remaining contestant takes home the big money for being the most successful at figuring out who's been sabotaging the group's missions. Did you guess the Mole's identity ahead of time? See if your suspicions were right or wrong; if you called it early, maybe you should apply to be on the show next season. Jon Kelley hosts the season finale. 10 PM on ABC

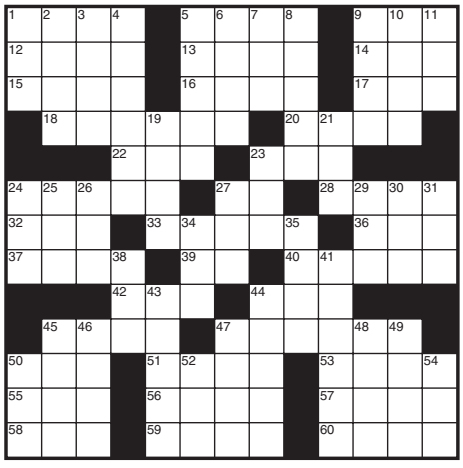
XXIX Summer Olympics

A developing story line to watch all this week is the progress of 2004 gold-medal gymnast Kyle Shewfelt, who competes today in the men's team final. The 26-year-old Calgary native is coming back from two broken legs and ligament damage he suffered while training for the world championships last summer, and he's considered a long shot at these games. But just the fact that he's made it to Beijing is a victory in itself. 6 PM on CBC

Blackwell wakes from coma

Hollywood fashion critic Mr. Blackwell has regained consciousness after collapsing at his Los Angeles home last week, femalefirst.co.uk reports. Publicist Harlan Boll has reportedly confirmed the 86-year-old is now conscious after waking from a coma on Thursday. METRO NEWS SERVICES

Take Five



Crossword down

1 Skip stones
2 Round tent
3 Adams or Brickell
4 Endorsed
5 Baby grand
6 Trapped like — —
7 Super Bowl roar
8 Happen next
9 Pluck
10 Disappointed cry (2 wds.)
11 Coal measure
19 Dries out, as wood
21 Pester
23 Bark
24 — -Magnon man
25 Whir
26 Call — — day
27 Taro-root paste
29 Racing circuit
30 Wildcat strike
31 Kind of humor
34 Go quickly
35 In — (as found)
38 Pirate's quaff
41 Countless
43 Bridges
44 Bend down
45 Loathsome
46 Goodall subject
47 Wrist bone
48 Make mention of
49 Powder, to skiers
50 Herd of whales
52 Guanabara Bay port
54 Observe secretly

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Crossword across

1 Colours
5 Fix apples
9 Understood
12 German import
13 Shah's land
14 Frat letter
15 Fuddy-duddy
16 Long sighs
17 Traveller's refuge
18 Apartment dweller
20 Till
22 Freud topic
23 Pro vote
24 Scold
27 Informal parent
28 Candle's light
32 Furrow
33 Boutiques
36 Gas-station freebie, once
37 FitzGerald's poet
39 Two, Roman-style
40 Hint at
42 Not waste
44 Shoat's home
45 Boot upper
47 Complete reversals (hyph.)
50 Orange seed
51 Alice's chronicler
53 Atom fragments
55 Bullring yell
56 Mexican lad
57 Surmounting
58 Some, to Pierre
59 Motel freebie
60 Fresh

previous day's answer

B	O	K		T	A	O	S		Y	A	W	N
A	X	E		U	L	N	A		A	R	I	A
B	E	E		R	I	C	O		K	E	L	P
E	N	L	A	R	G	E		S	K	A	T	E
			H	E	N		M	O	E			
B	F	L	A	T		B	U	D	D	I	N	G
E	L	I			W	I	G			C	U	E
G	U	Z	Z	L	E	D		M	A	Y	B	E
			A	Y	E		B	U	M			
A	L	O	N	E		C	A	L	Y	P	S	O
R	A	N	I		Z	I	T	I		Y	A	P
L	I	T	E		A	A	H	S		R	I	A
O	D	O	R		G	O	S	H		E	L	L

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Wait until tomorrow to make a significant decision. A meeting will please you and your friend. Don't dawdle on the way home.

TAURUS
APRIL 21-MAY 21
There'll be a delay in getting results. Come up with a better plan while in transit. Regret is brought about by a friend's social blunder.

GEMINI
MAY 22-JUNE 21
Don't be too embarrassed when you're conspicuous. Stay focused on what needs to be done. Negotiate over a serious concern.

CANCER
JUNE 22-JULY 22
This could be a roller-coaster type of a day. Your convictions can determine events. Intervention will be necessary in legal matters.

LEO
JULY 23-AUG 23
A stubborn person decides that it's time to quibble. Your personal resources will increase. You may be accused of being prim.

VIRGO
AUG 24-SEPT 22
A couple will decide to tie the knot. Your suggestion is being considered by the boss. A trusted person has a trick up his sleeve.

LIBRA
SEPT 23-OCT 23
You'll learn to tune into a loved one. Today's debate will intrude on your quiet time. Avoid obsessing over trivial mistakes.

SCORPIO
OCT 24- NOV 22
Nostalgia for a lost love leads to deep thoughts. A woman is gone with the wind. Don't challenge a cynical person.

SAGITTARIUS
NOV 23- DEC 21
A phone call brings very strange news. Be fearless in approaching the unknown. A unique romantic chance will arise.

CAPRICORN
DEC 22-JAN 20
You can find the obvious solution to a problem. Watch when others behave differently. Do something good for a proud person.

AQUARIUS
JAN 21-FEB 18
Remember to rest up after a hard job. Your body knows best. You'll fling your disbelief out the window before noon.

PISCES
FEB 19-MAR 20
A wiggling idealist fails to win attention. A tolerant woman can see through other people. Comments are made about never finding love.

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Sudoku

7	4			9		1		8
		6						3
8					3		9	
		2	9		1			
3				8				9
			6		7	5		
	3		2					7
2						3		
1		7		6			5	4

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

9	4	6	3	1	5	2	7	8
7	8	5	6	4	2	1	3	9
1	3	2	7	8	9	5	6	4
2	6	3	1	7	8	9	4	5
5	7	8	9	6	4	3	2	1
4	9	1	5	2	3	6	8	7
6	1	4	2	5	7	8	9	3
3	5	7	8	9	6	4	1	2
8	2	9	4	3	1	7	5	6

SUDOKU SOLVE TIME IN MINUTES:

Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practising

more games metronews.ca

Toronto weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Tuesday	Wednesday	Thursday
Variable. 23°	Clear. 14°	Variable. 23°/ 15°	40% Showers. 24°/ 15°	40% Showers. 25°/ 17°

Temperature Normals
High: 25.9°
Low: 14.3°

Records
High: 36.1°/1944
Low: 7.2°/1965

Sunrise: 6:19 a.m.
Sunset: 8:27 p.m.
Moonset: 12:50 a.m.
Moonrise: 5:23 p.m.

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The Weather Network

What baby?
Rumours that actress Angie Harmon is pregnant with baby No. 3 are not true, her husband, former NFL star Jason Sehorn, has said. USMAGAZINE.COM

Celebrity Buzz

Kate will talk about ex-husband

RELATIONSHIPS Even though Kate Hudson has indicated she likes to keep her private life private, she admitted she finds it tough to stay tightlipped, msnbc.com reports.

"It's so hard for me — because I'm so open — to hold back," the actress told W magazine. "I could really just go on forever about this stuff."

Hudson never publicly acknowledged her recent romance and subsequent breakup with Tour de France champ Lance Armstrong. In fact, there's only one former flame she's willing to open up about, and that's her ex-husband, Black Crowes frontman Chris Robinson.

"We can talk about Chris till the dogs come home," Hudson said. "I married Chris, I had a baby with Chris, Chris will be in my life for the rest of my life. But everything else — I've learned that things are better left private until you're actually planning the wedding."

METRO NEWS SERVICE

GETTY IMAGES PHOTOS

Anne pans nips, tucks

PEOPLE Anne Hathaway has taken aim at actors who alter their faces with plastic surgery, insisting film stars need flaws to express emotion, femalefirst.co.uk reports.

The actress once felt so insecure about her looks, she reportedly considered having a nose job.

But the 25-year-old, now the face of beauty giant Lancome, is happy with her imperfections because they lend her face character.

"I wanted a nose job, but now, my nose is what lets me change my face a lot and I can be glamorous as Agent 99 (in Get Smart), then look rough as a drug addict for (director) Jonathan Demme (in the forthcoming movie Rachel Getting Married)," Hathaway said.

"Your face needs to have character if you're an actor, otherwise you're just a face," she added.

METRO NEWS SERVICES

celebrity brief

Ex-Idol hopeful welcomes son

BABY NEWS Former American Idol contestant Clay Aiken and music producer Jaymes Foster welcomed a baby boy Friday, the singer said in a statement on his website.

Parker Foster Aiken was born at a North Carolina hospital. In May, it was confirmed that Foster, 50, became pregnant via in vitro fertilization, People.com reports.

Though they are not romantically linked, Foster and Aiken plan to raise the child together.

METRO NEWS SERVICES

celebrity brief

Jewel says 'I do' to rodeo champ

RELATIONSHIPS Singer-songwriter Jewel and her boyfriend, rodeo champion Ty Murray, eloped to the Bahamas and exchanged vows in a private ceremony Thursday night, People.com reports her rep as having said.

The pair, who never announced an engagement, have been together for 10 years and share a ranch in Stephenville, Texas.

METRO NEWS SERVICES

Paris plans Vegas club

PEOPLE Paris Hilton wants a Las Vegas hotspot to call her own, intouchweekly.com reports.

"I'm in talks right now," the hotel heiress said. "I think I found a really good space."

Hilton should have no trouble getting people to line up.

"The Vegas crowds love her," says a Las Vegas nightlife insider. "It's a mob scene every time she arrives."

And while Hilton is coy about the details, she already has a name. "But I can't tell anyone," she says. "It's not trademarked yet!"

METRO NEWS SERVICES

Penelope lauds private life

PEOPLE Actress Penelope Cruz's personal life is "the best" it has ever been, femalefirst.co.uk reports.

Cruz is dating actor Javier Bardem and is delighted with the way her one-year relationship is going.

"I have to tell you, my private life is at its best," she said.

However, when pressed on the subject, Cruz refused to elaborate.

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

Clay Aiken is a father, and claims on his website that the baby was delivered at 8:08 a.m. on 08/08/08. That's not the least bit creepy, Clay. No word on how close they came to naming the baby "Beijing Olympics Aiken."

Anne Hathaway's sentiments about avoiding plastic surgery are admirable, but they show that our Anne hasn't been following the awards shows lately. In 2003, the Oscars handed the statuette to the fake-nose sporting **Nicole Kidman** for playing Virginia Woolf in The Hours. The following year, both **Renée Zellweger** and **Charlize Theron** took home statuettes for using dirt, makeup and prosthetics to appear unattractive in movie roles.

The lesson is obvious. Do whatever it takes to make yourself as purty as possible in real life, then take a part as an ugly duckling novelist, serial killer or scrappy farmhand, and it's Oscar time, baby!

You have to admit, **Paris Hilton** is breaking new ground. She's usually in the news for opening something quite different than a nightclub. As for the name, I'm afraid she's going to be disappointed, because even though I failed out of law school, I'm certain the makers of Valtrex won't let her have that name for her club.

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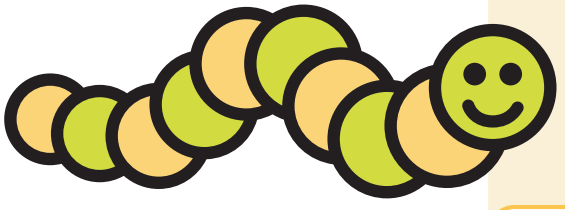

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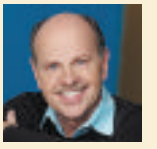
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464 Danforth Ave.
199 Bay St. (Commerce Court)
130 King St. W
363 Front St. W (City Place)
5015 Yonge St.
5 - 500 Church St.
3 - 2610 Weston Rd.
1006 St. Clair Ave. W
25 Davenport Rd.

WEST

Burlington Mall
Mapleview Mall
Milton Crossroads Centre

Brampton
Bramalea City Centre
Shoppers World
60 Great Lakes Dr. (inside Home Depot)
2880 Queen St. E (Hwy. 7 & Airport Rd.)
10 - 80 Pertosa Dr.

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
Woodchester Plaza
6535B Mississauga Rd.
G16 - 3024 Hurontario St.
1A - 1370 Dundas St. E
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.
101 - 6200 Dixie Rd.

Oakville
Oakville Place
RioCan Burloak
299 Lakeshore Rd. E
18 - 2501 Third Line
D3 - 2335 Trafalgar Rd.
760 Pacific Rd.

NORTH

Maple
3 - 10019 Keele St.

Markham
Georgian Mall
Markville Shopping Centre
Pacific Mall
Upper Canada Mall
21 - 95 Royal Crest Crt.

Richmond Hill
Hillcrest Shopping Centre
4 - 11005 Yonge St.
6 - 25 West Beaver Creek Rd.
9301 Bathurst St.

Thornhill
Promenade Mall
7171 Yonge St.
8117 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 4000 Hwy. 7

Woodbridge
A7 - 4220 Steeles Ave. W

EAST

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